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HOME VISITING IN CONNECTION WITH SCHOOL NURSING

By M. Ewart, Vancouver, B.C.

Home visiting in connection with School Nursing has become a very necessary and important part of our work.

The child, having been examined by the School Medical Officer and being found to have any physical abnormality, such as defective nasal breathing, defective vision or hearing, bad teeth, or enlarged tonsils, etc., a notice is sent home with him to that effect, and a visit is made to the parents of the child by the School Nurse as soon as possible.

She notes the home conditions and family circumstances, enquires as to the child's sleeping apartment, and often gives a few simple instructions in hygiene. When necessary she advises the mother to have treatment for the child, and although a great many of the parents are unable to afford even the simplest of treatments, we are able to a certain extent to overcome this difficulty through the kindness of the different specialists in the city.

In the case of defective vision, an appointment is made by the School Medical Officer with one of the eye specialists, whom, I may say, have been very much interested and are very kind in examining the eyes and prescribing glasses. We have an arrangement with a manufacturing oculist, who lets us have the glasses at a reduced rate, and the parents, as they are able, pay us 25c. or 50c. per week until the glasses are paid for, in this way making them independent.

In regard to enlarged tonsils and defective breathing and also children's diseases, where the parents are unable to afford treatment, they are given a note from the nurse to the Out-door Clinic of the Vancouver General Hospital, and the children are admitted and treated free of charge. In this way we have been able to correct a great many defects of different kinds, and the child returns to the school room improved mentally and physically, and in the case of tonsils and adenoids a marked improvement is noticed by the teacher in the child's attitude to work. Many times we have been told that they are not the same children they were six months previous to the operation. Of course, we meet with strong opposition at times, and perhaps have to make

many visits and take some abuse before we can get the parents to see our point and gain their consent to treatment, but we find that it is well worth while, even if we have to make eight or ten visits for one case.

In regard to defective teeth, we try to make as many visits as possible, as sometimes the parents are astonished to find what they thought was a temporary tooth decayed was really a permanent one, and were very glad to have treatment. So you see if this visit had not been made a tooth would most likely have been lost. We are by degrees educating the parents to see the value of having treatment for the child's teeth in time, and when they are not able to afford dental fees, our free dental clinic at the School Board Office has been a great help, as are also the free tooth brushes and paste with which we supply those unable to provide same.

If the teacher reports to the nurse that a child is absent and illness is suspected, the nurse visits the home as soon as possible and investigates, and often she finds one or more children with chicken-pox, measles, etc., and others of the same family attending school. Of course they are all excluded at once and the School Medical Officer and Medical Health Officer are notified and the house placarded by the Health Department.

Often the nurse finds great poverty in the home, and sometimes the children have no boots or suitable clothing in which to come to school, or not sufficient food. Last winter we were very fortunate in being able to relieve a great deal of distress by means of "The Vancouver Schools Relief Fund," and made a great many friends for ourselves among the poor, and we hope to be able to help considerably during this winter.

A school nurse has a great many amusing experiences as she makes her visits, and is often told the family history from the great-grandmother down to the newest baby. She also sees some curious characters and gets various receptions, being rarely asked to afternoon tea, although I have had Christmas cake and tea at 10 a.m., and been offered beer at an Italian's house in the afternoon, so at times we do not lack for refreshment. I had occasion once to send a note home with a boy who needed some attention to his clothes and who also would be the better for some good soap and water. I received a three-page letter from his irate mother asking me to "step down" her way and she would show me if he were clean or not. Needless to say, that was one visit I did not make.

The mothers are beginning to rely on us, and will often come to the school, or send for us to come and see them and consult about Mary or Johnnie, and we are glad to have their confidence, and hope to accomplish more in the future.

EXAMINATION PAPERS, 1916, TORONTO GENERAL HOSPITAL TRAINING SCHOOL FOR NURSES

Practical Nursing

1. Define professional ethics as it applies to a nurse. What are the obligations of a nurse to her training school, the officers of the hospital and her patient?

2. Give the period of incubation, onset, symptoms, length of period of isolation and complications of (a) Measles, (b) Scarlet Fever, (c) Smallpox, (d) Parotitis. Describe the rash of (a), (b) and (c).

3. Define—Dysphagia, Hiccough, Orthopnoea, Normal pulse, Photophobia, Torticollis, Shock, Hematemesis, Herpes Zoster, Anorexia.

4. What are the symptoms of internal haemorrhage? Outline your course of treatment in a country house if you could not get a doctor for an hour—of a case of—(a) Post partum haemorrhage. (b) How would you distinguish between gastric and pulmonary haemorrhage? Outline course of treatment of each.

5. What are symptoms of typhoid fever? Describe the usual course of the temperature, the character of the pulse.

Mention two common complications of typhoid and their symptoms. Mention the more important points to remember in the nursing of typhoid.

6. Enumerate ten of the most important objective symptoms of disease. Write brief notes on the significance of each.

7. (a) What are the causes and symptoms of acute intestinal obstruction.

(b) Mention some important preventive measures that should always be taken when nursing diseases likely to be followed by Nephritis?

8. What special virtue has salt solution that it is used so universally for rectal irrigation and interstitially? In what way does it stimulate the heart?

Surgery

1. How would you prepare a fully furnished room for a surgical operation?

2. Give a diet suitable for the first week following an abdominal section.

3. How would you sterilize scalpels; nurse's hands; operating table; vaseline; rubber gloves; horse-hair; enamel basins; cotton wool; rubber sheeting and hypodermic syringes.

4. Give a full description of a patient suffering from shock.

5. Define: Sinus; Fistula; Toxaemia; Embolus; Caries; Empyema; Haemoptysis; Aneurism; Callous; and Granulation tissue.

Obstetrics

1. Give the various causes of haemorrhage during pregnancy and

labor. Give in their proper order the methods you would use to control Post Partum; haemorrhage, in the absence of a doctor.

2. Define:—Puerperal septicemia.

A primipara is delivered by forceps, resulting in a tear of the perineum which is immediately repaired. There is considerable haemorrhage following the birth of the placenta which is controlled by pressure on the fundus. On the third day the patient has a slight chill, following a temperature of 103°.

What are the various conditions that may be the cause of this fever and in what ways may the case terminate?

3. Describe the various measures that should be employed during pregnancy to prevent the occurrence of the Toxaemias of pregnancy.

Define:—Eclampsia; Pernicious vomiting; acute yellow atrophy of the liver.

4. How would you prepare patient and room for a forceps delivery in a private house? What measures would you take to resuscitate a blue baby which is not breathing?

5. Define:—Ovum; Foetus; Decidua; Chorion; Amnion; Placenta praevia; Dry labor; Version; Hydatidiform mole; Craniotomy.

Medicine

1. Describe the symptoms and treatment of pulmonary tuberculosis. How is it transmitted?

2. Name two diseases characterized by a high leucocyte count, and one with a low count.

3. Define:—Anaemia; chill; fever; leucocytosis; infection; immunity; disease; haematuria; endocarditis; inflammation.

4. Name the diseases that might be caused by the pneumococcus. Describe the onset and course of lobar pneumonia.

5. Draw a diagramatic temperature curve to show the character of the fever of typhoid; measles; pneumonia and septicaemia.

6. What is the function of the heart? Name several conditions that interfere with the performance of this function.

7. What are the causes and symptoms of pyloric stenosis?

Children's Diseases

1. (a) What is the average composition of whole milk?
   (b) What is the average composition of mother's milk?
2. (a) Define pasteurized milk, sterilized milk and certified milk.
   (b) Describe briefly a certified dairy.
3. Describe milk modification in the home.
   (a) As to utensils needed.
   (b) The care of utensils.
   (c) Care of nipples and bottles.
4. Outline the general treatment for constipation in a bottle fed infant.
5. (a) What are the signs of indigestion in a nursing infant?

(b) What are the signs of insufficient nourishment in a nursing infant?

(c) How would you distinguish between the above two conditions and how would you manage each case?

6. Describe in detail the care of a premature infant.

7. What are the signs of enlarged tonsils and adenoids in a child?

8. If you had the opportunity to advise a mother whether she should artificially or naturally feed her child, which would you advise, and give your reasons for so doing.

Dept. of Social Service, Toronto University

Examiner, Miss Jean Grant

Only six questions to be answered; these must include questions 1 and 9.

1. Indicate how the following social forces aid the medical profession in the prevention of disease and premature death.

(a) The Public Health Nurse.

(b) The School Nurse.

(c) The Hospital Social Service Worker.

2. (a) Distinguish between Backwardness, Feeblemindedness and Insanity.

Why are the feeble-minded a menace to Ontario?

(b) If on a visit to the country you found a feeble-minded woman totally unprotected, what would be your duty as a social worker in this connection.

3. (a) How is public out-door relief administered in Toronto?

(b) Is the present method constructive?

(c) Why is individual charity unwise?

4. (a) Give the purpose of Industrial Schools.

(b) How many are there in Ontario and where are they?

(c) Give a description of one of these institutions.

5. How does the Social Service Commission work for the interests of the city?

6. Show the need of socializing influence in the Police Court and in the Juvenile Court.

7. Describe one branch of specialized medical social service work and show how a specialty brings results.

8. What benefits would society derive from compulsory registration and enforced treatment of venereal disease.

9. (a) What type of nursing do you prefer and why?

Visiting nurse work?

Private work?

Institutional work?

(b) What branch of social service work as outlined by the lecturers appeals to you the strongest and why?

MANITOBA ASSOCIATION OF GRADUATE NURSES, ANNUAL REPORTS 1915-1916

President's Report

To the Members of
The Manitoba Association of Graduate Nurses.

Ladies:—

We are entering on our third year as an Association of Registered Nurses. During the past 12 months 73 applications for registration have been accepted and 67 certificates have actually been issued. In June of 1915 there were 27 candidates wrote on their examinations, of whom all were successful, with the exception of nine who failed only on one subject.

It is regrettable that out of 240 Registered Nurses in the Province, so few are members of our Association, and we feel that an effort should be made by all our members to induce others to join, for the benefits to be derived, and because of what the Association has accomplished for our profession in the Province.

There have been nine regular meeting of the Association for which the Social Committee have provided good programmes. There were also four Board Meetings and two Special Meetings held during the year.

Our receipts from Registration and Annual Fees were about $700.00, and besides paying our expenses we have voted the following sums toward causes in which our profession has an interest:—Red Cross work generally, $100.00; two beds in Cliveden Hospital, $100.00; Surgical Supplies, $50.00 in the same hospital; part support of a Native Nurse in India, $12.50; and the French Flag Nursing Corps, $100.00. This latter sum has not yet been drawn on.

We have made no progress during the past year in regard to the amendments required for our Act, having been advised not to push the matter until the political situation had settled. This should have the attention of the new Council, and we hope by our next Annual Meeting to be able to report having secured the required changes.

Many of our Nurses are on Active Service from whom interesting letters have been received.

It is with most sincere sorrow that we have to record the death in Serbia of one of our former members, Miss Jessie Sutherland.

It gives me great pleasure to announce that the Canadian National Association of Trained Nurses will meet in convention in our city June 11th to 16th. This is the first time the Canadian National Association has held its convention in the West, and we look for great results. There will be interesting addresses by speakers well qualified to deal with their subjects, and the contact with experienced workers from other parts of our Dominion, will prove of great benefit to our members, and we trust many will make arrangements to attend the sessions.

We appreciate the kindness and thoughtfulness of the Management of the Nurses' Residence in allowing us the use of the rooms each month.

I wish to thank my co-workers, the officers and members of committees, for their co-operation in the work of the Association for the past year, and trust that my successor may experience a like hearty support.

Respectfully submitted,

IDA M. HILL, President.

Recording Secretary's Report

Madam President and Members of the Manitoba Association of Graduate Nurses:

During the year four regular Board Meetings and two Special Meetings were held. Nine regular monthly meetings were also held at the Nurses' Residence.

Early in April the newly appointed Recording Secretary, Miss Hood, received a call for Overseas Service, and I was appointed Recording Secretary, and again in November Miss Robison, the Treasurer, resigned and I consented to act as Treasurer for the balance of the year.

In June the Association sanctioned the recommendation of the Board that our Association give funds to the Red Cross Society to supply two beds in the Cliveden Hospital, and again in November the Association forwarded One Hundred Dollars ($100.00) to the Red Cross Society, at the same meeting One Hundred Dollars was voted to be given the French Flag Nursing Corps should they write asking assistance.

In June the Association voted Fifty Dollars to be spent in forwarding material to England which we heard the hospitals were very much in need of, a committee being appointed to buy and send what was most wanted.

At the last two meetings recommendations have been made in connection with the Convention of Superintendents of Hospitals and the Canadian National Association of Trained Nurses, which is to be held in Winnipeg in June.

Respectfully submitted,

ISABEL LAIDLAW, Recording Secretary.

Corresponding Secretary's Report

Madam President and Members of the Manitoba Association of Graduate Nurses:

During the year there have been 51 communications received and 65 letters written.

The first received was a letter of congratulation from the Graduate Nurses Association of Ontario upon having obtained Registration. Through the medium of our Association we were able to prevent interlopers being sent to the front as graduate nurses.

A matter of general interest in the correspondence was the communication from the Canadian National Association of Trained Nurses stating that it had been their intention for some time to purchase the "Canadian Nurse" from the Editorial Board of the "Trained Nurse" and to continue its publication as the official organ of Nursing affairs in Canada, we were asked to give the matter our sincere consideration —after due deliberation we decided to offer to contribute the sum of one hundred dollars yearly for four years, as some of the other Provincial Associations had decided to do, which offer was accepted. The matter, however, is to be finally settled at the meeting of the Canadian National Association to be held in June.

In August we received a letter from Major Bowie, of the C.A.M.C., acknowledging the receipt of the catgut sent through the Red Cross Committee of this Association, and expressing appreciation for it.

In October, as one of the affiliated societies of the Local Council of Women, we were asked to discuss the recommendations by the Women's Civic League to the proposed new by-law regulating the manufacture of bread—thus we had a voice in a much needed reform.

We were requested by the French Flag Nursing Corporation to interest the nurses of the West in this noble work, to obtain recruits if possible and contribute to the fund.

A letter of appreciation was sent to Rev. R. B. McElhearn, rector of St. Matthews Church for his tribute to the memory of Edith Cavell.

A communication was received from the Editor of the "Canadian Nurse" stating that she was anxious to have an Honor List of all the nurses who were doing service in the war. We were requested to compile the list for Manitoba.

In December the Manitoba Association extended an invitation to the Canadian Society of Superintendents of Training Schools for Nurses and the Canadian National Association of Trained Nurses to hold their Annual Convention in Winnipeg in June of 1916. The invitations were accepted and, needless to say, the event is looked forward to with a great deal of interest. Miss Randal, the President of the Canadian Society of Superintendents says: "We have, with the National Association, much important business and I hope that we will have a large turn out." We have often complained, in the past, that we seemed so far from the centre of things in the nursing world, but now we will be at the centre of thought for four brief days—will it not be a golden opportunity for us, as members of this Association, to make this, if possible, one of the very best conventions ever held. We all know what can be accomplished by well directed enthusiasm and individual effort. Do not let us fail.

Respectfully submitted,

ETHEL GILROY,

Corresponding Secretary.

Revenue Account, April 1915 to March, 1916

REVENUE

73 Registrations at $10.00	$730.00	
30 Membership Annual Dues at $1.00	30.00	
Sale of Pins, 45 at 55c.	24.75	
Bank Interest	30.25	
Balance received from Sterling Bank re old Association	30.00	
Balance received per Miss Starr from old Account	11.88	
		$856.88
EXPENDITURE		
Certificates	52.50	
Engrossing same	14.25	
Printing and Stationery	23.95	
Postage and General Expense	17.54	
Audit Fee	15.00	
Social Teas	4.94	
Flowers	5.00	
National Council of Women, Fee	2.00	
Canadian National Council, Fee	10.00	
Red Cross Society, General	100.00	
Red Cross, two beds in Cliveden Hospital	100.00	
Cliveden Hospital, Supplies	50.00	
Part Support Native Nurse in India	12.50	
		$407.68
Surplus		$449.20

Cash Accounts, April 10th, 1915, March 21st, 1916

1915	RECEIPTS			
April 10.	Cash on Hand	$ 35.10		
	Cash in Bank, Current Acct.	12.20		
	Cash in Bank, Savings Acct.	1120.40		
			$1167.72	
1916				
March 21.	Registration Fees received	690.00		
	Membership Fees received	31.00		
	Received for Pins	25.30		
			746.30	
	Sundry Revenue		41.88	
	Bank Interest		30.25	
				$1986.15

DISBURSEMENTS

Lowe, Martin Co. Ltd.	$ 2.20		
F. C. Gilbert	15.00		
Reynolds Limited	23.50		
Red Cross Society	200.00		
W. E. Hobbs	14.25		
Canadian National Association	10.25		
National Council Women	2.00		
Miss Cotter for Cliveden Hospital	50.00		
Miss M. A. Campbell for India	12.50		
Bullman Bros.	52.50		
T. L. Toby	3.00		
Sundry	27.78		
Refund Miss Graham	11.55		
Returned Cheque	10.00		
		434.53	
Cash on Hand	1.93		
Cash in Bank, Current Acct.	293.17		
Cash in Bank, Savings Acct.	1256.52		
		1551.62	
			$1986.15

Balance Sheet, March 21st, 1916

ASSETS

Cash on Hand and in Bank Accts.		$1551.62	
Registration Fees unpaid	$ 40.00		
Reynolds Limited, overpaid	4.75		
		44.75	
Diplomas on Hand	35.00		
Pins on Hand (63)	34.65		
		69.65	
			$1666.02

LIABILITIES

Vote to French Flag Nursing Corps		100.00	
Registration Fees to be returned	30.00		
Registration Fees paid in advance	70.00		
		100.00	
			200.00
Surplus			$1466.02

Winnipeg, March 27, 1916. FRED C. GILBERT, C.A.

Social Committee's Report

Madam President and Members of the Manitoba Association of Graduate Nurses:

As convenor of the Social Committee I beg to submit the following:

Dr. Christie addressed the members at the Annual Meeting, held March 30th, and at the April Meeting Dr. Fred Young gave an address on the Red Cross and the work of the Red Cross.

Miss Johns, at the September Meeting, gave a paper on her experiences for one year in New York City.

Mrs. Hamilton, a former member of the Association, now of Invermere, B.C., gave a talk on pioneer nursing at our January Meeting, and at this same meeting Miss Campbell, a returned Missionary, spoke of Indian Mission Work.

Miss E. Cora Hind gave an address at the February Meeting on Parliamentary Procedure.

Refreshments were provided for eight meetings at an expenditure of $5.00.

Respectfully submitted,
K. A. COTTER,
Convenor of Social Committee.

Officers, 1916-1917

President—Miss E. Gilroy.
First Vice-President—Mrs. W. J. Hill.
Second Vice-President—Miss C. Kier.
Third Vice-President—Miss M. Hermann.
Recording Secretary—Miss I. Laidlaw.
Corresponding Secretary—Miss E. Johns.
Treasurer—Miss A. C. Starr.

GLEANINGS.

In What Way and in What Respects can the Nutrition of the Infant be Improved by Ante-Natal Supervision of the Mother?

The ante-natal supervision of the mother should help in the production of healthy offspring. It is important to give the baby a good start in life, as regards fitness, and this is accomplished by thinking of its nutrition before it is born.

There are so many things done in ignorance, which influence the after life of the child. A great thing is to teach the mother hygiene, and how to keep herself fit and healthy during pregnancy; to teach the value of fresh air and suitable clothing.

It seems only commonsense to know that tight-lacing must injure the foetus, and yet mothers will be found wearing tight corsets, pre-

sumably to make their condition less obvious. Care must be taken in the ordinary mode of life; for instance, a woman who is pregnant, and jumps off and on buses, cars, etc., may cause a small haemorrhage to occur which may result in a clot forming in the placenta, preventing an adequate supply of nutrition to the foetus. Sometimes as much as 20 per cent. of the area may be cut off. All extraordinary exercise will cause extra movement of the foetus, which increases the possibility of malformations. The cord may get twisted round a limb and actually amputate it.

Often women of the wealthy class are apt to continue strenuous outdoor sport, regardless of the condition of pregnancy. This is most injurious to the baby. On the other hand, insufficient exercise will cause constipation, and toxins will circulate in the blood of the mother. The blood should be kept pure if proper nutrition is to go on.

Falls and injuries should be reported, because immediate attention may minimize the possibility of injury to the foetus.

Eugenists maintain that the state of mind of the mother during pregnancy has the greatest effect on the baby. This is undoubtedly true. At the "Mothers' Welcomes" and other admirable societies maintained for the benefit of mothers, the endeavor is to teach them the importance of the care of their own health, and to idealize the state of "Motherhood."

It is not easy to teach a woman to be happy in the privilege of expectant motherhood when she has, perhaps, several children, and the knowledge that an extra mouth to feed will cause an increase in the strenuous effort of making "two ends meet"; but tact goes such a long way, and a suggestion that if the mother looks after herself, and does not give way to fretfulness or irritation, a healthy baby will probably result who will not be so much trouble to her, because it will only want ordinary attention, seems to be an argument that will appeal to all mothers, rich and poor. To educate the mothers by giving them sound, commonsense advice, should be the aim of everyone interested in the welfare of our infants.

Drugs—The taking of patent medicines, with the exception of necessary aperients, during pregnancy should be discouraged, as these will probably have a bad effect on the baby.

Alcohol should be strictly forbidden unless ordered by the doctor. Mothers seem to think that a stimulant should be taken, but if they lead healthy, normal lives, and take plenty of nourishing food, this is decidedly not necessary.

It is to be deplored that women of the poorer classes have to work so hard when pregnant, and very little can be done to alleviate the evils resulting from this, but even then, if the mothers know how to look after themselves, less harm is done to the unborn infants.

Teeth—It is an important thing that women should be taught the value of good teeth, and how to look after them. So many illnesses are caused by bad teeth. Indigestion occurs, and the nutrition of the foetus is impaired. The mothers must be taught how this affects their general health, and when they are fit, they should be encouraged to have old stumps removed and new teeth put in if necessary.

It is the best thing to get the confidence of the mothers, and the work of supervision will become easier and the best results gained. This is not an easy task, because there are always "grannies" with their advice, and a prejudice against anything, unless the way is made plain and simple by tactful explanations.—*The British Journal of Nursing.*

THE VITAMINE AS A KEY TO THE MYSTERY OF "DEFICIENCY DISEASES"

. . . There are certain mysterious substances in the body—the so-called internal secretions, hormones, enzymes and so forth—of which very small traces bring about changes of immense importance in the living organism. These substances are being constantly destroyed and renewed. The peculiarity of their structure suggests that their elaboration is dependent upon the presence in the food of materials essentially different from the common proteins, carbohydrates and fats. If these essential materials are persistently absent from the diet, the normal metabolic processes are likely to become disturbed and deranged, culminating in changes of a pernicious character. The justification of this hypothesis is shown in the remarkable light it throws upon a number of diseases caused by a too rigid diet. Such diseases have been grouped as "deficiency diseases." They include rickets, beri-beri, scurvy, pellagra. In each case the condition is attributed to the absence from the diet of an essential material termed by Casimir Funk a vitamine. The vitamine is more or less specific in its action in preventing the onset of the disease. Beri-beri affords a conspicuous example:

"Beri-beri is a disease which used to be common in Japan, the Malay Peninsula and the Philippines—countries where rice is the staple article of diet. That rice consumption was really the cause of beri-beri was suggested as early as 1878, but Eykman was the first to bring forward, in 1897, evidence which seemed to establish a close connection between the use of 'polished' rice and the appearance of the disease.

"The rice grain . . . consists of an inner part and an outer husk. The inhabitants of the regions just referred to live almost entirely on rice which has had its husk removed—polished rice—and

MEDICAL FACULTY, McGILL UNIVERSITY

Eykman showed that the addition of the missing husk, rice bran, or the substitution of unpolished rice, was sufficient to effect the cure of the disease and prevent its subsequent recurrence."

The anti-beri-beri vitamine has also been detected in milk, oats, wheat, barley, maize and beans, in cabbage and other vegetables, in white bread and in ox-bran. It is soluble in water and alcohol, and passes through a semi-porous membrane. It is destroyed by heating to a very high temperature. As regards its chemical structure not much is known. . . .

"The vitamine being necessary for the maintenance of the metabolic processes, particularly of the nervous tissues, the store of it in the body becomes, on feeding with vitamine-free food, gradually exhausted. First the store in the muscles is called upon, then that in the liver, and finally, the heart, brain, and nerves themselves become involved. In this way we can account for the onset of the marked nerve degeneration occurring towards the end of the disease."

Turning to pellagra, we find that the cause of this disease is still uncertain. Yet evidence indicates that it is due to a deficiency of vitamines. Scurvy is due to a defect in the food, not in the quantity of it. Experiment establishes the relation of the malady itself to the presence or the absence of vitamines. The exact nature of the anti-scorbutic vitamine has not been shown. Vitamines are not necessarily potassium salts, as one investigator has suggested, nor are they effective because of their acid-neutralizing properties, as another thinks. It would appear at first that there must be several different anti-scorbutic vitamines because of the variability of the curative principle in different foodstuffs. It is possible that the real agent is identical in each case:

"The fact that heating the milk destroys the anti-scorbutic vitamine accounts for the appearance of scurvy in infants fed on artificial substitutes for human milk. . . . A female infant, one of twins, developed the disease at the age of seven months. For the first six weeks of life the child had been breast fed, but after that had been brought up entirely on the Chelsea Boro Council sterilized milk. As there were no teeth, there was no marked congestion of the gums, but the legs and thighs were characteristically swollen and very painful and tender. The X-Rays revealed large sub-periostial swellings situated at the lower ends of both femora. The treatment consisted in giving fresh milk diluted with water at first, with orange juice and raw meat juice. Within a week, the swellings began to subside, and in a fortnight the tenderness had disappeared. The child left the hospital a month afterwards completely cured. Cheadle and Poynton in their work on this subject state: 'There is nothing in the whole range of medicine—not even excepting the effect of thyroid extract in myxoedema—more striking and remarkable than the immediate and rapid

recovery which follows the administration of fresh vegetable material and other fresh elements of food in these cases of infantile scurvy.' "

The vitamine which prevents beri-beri is quite distinct from that which controls scurvy. It seems probable that rickets is caused by the absence of a vitamine which associates itself with the fatty portion of the diet. Recent work has shown traces of substances in food which regulate the growth of young animals.—*Current Opinion.*

News Letter No. 5, issued by the National Committee for the Prevention of Blindness, gives the following information:

A Code of Lighting for Factories, Mills and Other Work Places has been prepared by committees of the Illuminating Engineering Society, in order to make available authoritative information for legislative bodies, factory boards, public service commissions, and others, who are interested in enactments, rules and regulations for better lighting. While the code is intended as an aid to industrial commissions and other similar bodies in those states and municipalities which shall actively take up the question of legislation as related to factory and mill lighting, it is useful in equal measure for the industries themselves as a practical working guide in individual efforts to improve lighting conditions. The language of the code has not been drafted according to legal phraseology, but is simple and pointed throughout, thus being readily available for transforming into legal orders, and at the same time as a working guide in practical design and installation work. A limited edition has been prepared for general distribution and copies may be obtained at a nominal cost of 12c. each by addressing the Illuminating Engineering Society, 29 West 39th Street, New York City.

"ARTICLES OF FAITH" CONCERNING CANCER*

A Platform Upon Which to Unite in the Campaign of Education

(1) That the hereditary and congenital acquirement of cancer are subjects which require much more study before any definite conclusions can be formed concerning them, and that, in the light of our present knowledge, they hold no special element of alarm.

(2) That the contagiousness or infectiousness of cancer is far from proved, the evidence to support this theory being so incomplete and inconclusive that the public need have no concern regarding it.

(3) That the communication of cancer from man to man is so rare, if it really occurs at all, that it may be practically disregarded.

(4) That those members of the public in charge of or in contact

with sufferers from cancer with external manifestations, or discharges of any kind, need at most take the same precautionary measures as would be adopted in the care of any ulcer or open septic wound.

(5) That in the care of patients with cancer there is much less danger to the attendant from any possible acquirement of cancer than there is of septic infection, or blood poisoning from pus organisms.

(6) That in cancer, as in all other disease, attention to diet, exercise and proper hygienic surroundings is of distinct value.

(7) That, notwithstanding the possibility of underlying general factors, cancer may, for all practical purposes, be at present regarded as local in its beginning.

(8) That, when accessible, it may, in its incipiency, be removed so perfectly by radical operation that the chances are overwhelmingly in favor of its non-recurrence.

(9) That, when once it has advanced beyond the stage of cure, suffering in many cases may be palliated and life prolonged by surgical and other means.

(10) That while other methods of treatment may, in some cases, offer hope for the cancer victim, the evidence is conclusive that surgery, for operable cases, affords the surest present means of cure.

(11) That among the many advances in and additions to cancer treatment, the improvements in and extensions of surgical procedure surpass those in any other line, and fully maintain the pre-eminent position of surgical palliation and cure.

(12) That there is strong reason to believe that the individual risk of cancer can be diminished by the eradication, where such exist, of certain conditions which have come to be regarded as predisposing factors in its production.

(13) That some occupations, notably working in pitch, tar, paraffin, analin or soot, and with X-rays, if not safeguarded, are conducive to the production of cancer, presumably on account of the chronic irritation or inflammation caused.

(14) That prominent among these predisposing factors, for which one should be on guard, are: General lowered nutrition, chronic irritation and inflammation; repeated acute trauma; cicatricial tissue, such as lupus and other scars, and burns; benign tumors—warts, moles, nevi (birth-marks), etc.; also that changes occurring in the character of such tumors and tissues, as well as the occurrence of any abnormal discharge from any part of body, especially if blood-stained, are to be regarded as suspicious.

(15) That while there is some evidence that cancer is increasing, such evidence does not justify and present alarm.

(16) That suggestions which are put forward from time to time regarding eugenic, dietetic and other means of limiting cancer, should

not be accepted by the public until definitely endorsed by the consensus of expert opinion. Such consensus does not exist to-day.

(17) That so far as we know there is nothing in the origin of cancer that calls for a feeling of shame or the necessity of concealment.

(18) That it will be promotive of good results if members of the public who are anxious about their health and those who wish to preserve it will, on the one hand, avoid assuming themselves to be sufferers from one or another dreadful disease, but, on the other hand, will submit themselves periodically to the family physician for a general overhauling.

(19) That at all times and under all conditions there is much to be hoped for and nothing to be feared from living a normal and moderate life

(20) That the finding of any abnormal condition about the body should be taken as an indication for competent professional and not personal attention.

(21) That watchwords for the public until "the day dawns" and the cancer problem is solved, are: Alertness without apprehension, hope without neglect, early and efficient examination where there is doubt, early and efficient treatment when the doubt has been determined.

CHEESE, ITS FOOD VALUE

"No ordinary article of diet contains so much nutriment as cheese; 65 per cent. of good rich cheese represents pure nutritive matter—it contains a much larger percentage of tissue-forming material than even lean meat; it supplies as much heat-producing material as fat meat; it is only surpassed by ham in its tissue-building properties."

For the person of ordinarily fair digestion, cheese is one of the most digestible of foods. It needs good mastication, and to be well mixed with farinaceous matter of some kind. Thus bread and cheese make an ideal combination. When cheese is used as a substitute for meat, there is a tendency to eat too much of it—people are apt to forget how highly concentrated a form of nutriment it is.—*Una.*

Delicious cake for tea and dessert.—Half a pound of flour, ¼ lb. fine sugar, ¼ lb. butter, whites of 2 eggs, yolk of one egg, ½ teaspoonful baking powder, 1 teaspoonful cinnamon, jam. Mix baking powder with flour. Rub in butter till like fine bread crumbs, add sugar and cinnamon; make into stiff paste with yolk of egg. Roll out to size of a dinner plate. Place on the buttered plate and bake to a light brown. When cool, spread with jam. Beat white stiff, adding sugar and essence to taste, and put roughly over the jam. Return to a slow oven to

harden. The yolk of the egg should take up all the mixture, and it should be kneaded till quite smooth.

Feather cake.—Weight of 9 eggs in butter, 4 in flour, and 2 in sugar, essence of almonds or lemon. Add yolks first, then whites. Bake in rather quick oven.

BRITISH PLUCK

Mr. H. B. M. Buchanan of Market Drayton writes in a local paper: A few months ago, a husband, wife, daughter, and girl friend were staying at the same hotel that I was staying at. The only two sons went to the war. One son was engaged to the girl friend. The daughter was engaged to be married to another man, who went with the two sons to the front. All three men were killed the same day. So the father and mother have lost their two sons, the daughter the man she was engaged to, and the friend has also lost the man she was engaged to. Yet no complaint is heard. They go about with bright and smiling faces, proud that their men have died for their country.

Yet when you are privileged to see a little beneath the surface, you faintly realize the awful sorrow that is grinding there. The father said to me: "My life is stricken to its core; but I must and will keep up, for the sake of my wife and child. My boys would not have it otherwise. One of my boys was a book collector. When I heard of his death I went to his library, and there, written up in a prominent position, I read the words, 'Smile, man, smile!' and, although my heart was breaking, I could not help smiling."

The example of this family strength puts to shame the grumbling and weakness of one's own life! I registered a silent vow. A silent vow that I would use all the powers of my being to stay any more grumbling at anything that may ever befall me.

I have had my bit of suffering and pain. In a moment of weakness, I once said to this stricken man: "Just fancy, for many years I have not been able to put on my own boots, but some one must put them on for me. It makes me so miserably dependent." "Well," he replied, with a bright and cheery smile, "it might be worse. You might not have boots to put on. And, if you had, you might not have any one to put them on for you." His reply shamed me to silence, and I replied, "Yes! That is the sane and strong way to look upon the happenings of life."—*Christian Life.*

Outward trials may for a time depress, and even overwhelm a really energetic mind, but only for a time; the strong spirit will regain its equipoise, readjust its scanty resources, and be ready under whatever disadvantages to reassert its right to a place and a share in existence.—*Dora Greenwell.*

CORRESPONDENCE

Extracts from a letter from a Toronto Nurse who went with the Queen's University Hospital Unit.

"I wish you were with me for a little while this morning. It is 8.30 a.m. and I don't go on duty until one o'clock. The sea is beautiful. It is just shimmering in sunshine as far as I can see. There are some very pleasant walks along the cliffs and through the country about here. We could walk along the cliffs and through some pretty lanes to Broadstairs—a beautiful spot, as you know—famous in Dickens stories. Bleak House is the most outstanding house there. You can see it out and above all the other buildings. Oh, we could have a lovely time. Yesterday though, we had a wonderful time. Three of us decided to go to Canterbury, so our head nurses being good sports, saw to it that we got off duty for our p.m's at 11.30 a.m., and the matron's assistant had the ambulance call for us to take us to the station, and we were in Canterbury by one o'clock. Capt. Carmichael, brother of one of the girls in the party, met us at the Fleur de Lis Hotel, and after luncheon we went straight to the Cathedral. It was wonderful, and parts most beautiful and parts awful. England seems so full of tombs and be-heading blocks, and axes and relics of murders. It quite makes your blood chill, and yet these scenes are set in such marvellous surroundings. Among other things there was the small, flat stone in the pavement floor marking the spot where Thomas a Becket was murdered. I have a picture of it and of the actual door he passed through just previously. It is hard to believe that the works of men's hands can stand so long. All the most interesting and valuable effigies here, as elsewhere throughout England, are now covered with sand bags for fear of air raids. After we had seen all through Canterbury Cathedral we went to see the ruins of St. Augustine's Abbey and the College. It is very much older than Canterbury, but the Abbey has fallen to decay, but you can see how immense it has been. I enjoyed the ruins more than the Cathedral, I believe. Then we went to Westgate tower and climbed up and up around and around, to the top, from where we could gaze all over the city and surrounding country. In the rooms we saw a lot of horrible iron things where people used to be punished. The window where heads were thrust out on a gibbet after execution, and so on. On the main street of Canterbury is the 'House of Agnes' where David Copperfield went when he ran away as a small boy. We certainly live in 'Dickens Land' here. I used to think his characters were over-drawn and exaggerated, but I know now that they were not. We see some of them every day.

"Now, I suppose you would like to hear just a little bit about our hospital and work. As you know long ere this, our unit was broken

up as soon as we landed in London, like every unit that ever came over has been (except the Ontario Government Hospital). I hear it has landed, and if the hospital is ready for them I suppose they will proceed to it—staff intact. Anyway, twenty of us went to Moore Barracks, Shorncliff, ten to Taplow, some to Folkestone, and nine here. On our arrival we were met by one of the Canadian Red Cross Ambulances and whirled away up to the top of the cliffs where we found our residence—a huge summer boarding house taken over for our use just the day before. Of course there was confusion and darkness to deal with. A flashlight is a necessity here at all times, but this night seemed the worst. We had our carry-alls and had to tug them up about ten flights of stairs, and oh! weren't we the scared, lonesome creatures. We didn't like the work at first either. It seemed so foolish to be stuck here chasing orderlies and batmen around seeing they kept things clean and didn't shirk, when we were needed so badly further on, but it gradually sank in upon us that we were doing more than that. There really is a lot of work to be done for the men who are on the verge of convalescing. The nervous cases are dreadful and have to be handled right. I have so many rheumatic cases and bad knees. On the third floor they are awfully busy with surgical cases. So after all since we are used to things we have become very happy and contented for the time. We are glad to be here for a time and hope after a while, to go to France. There is no hope of Egypt now, of course. The hospital is really a huge hotel and has been a beautiful one. It has beautiful walks and elegent appointments and makes a fine hospital. There are six hundred patients, a staff of about twenty officers, many N. C. O's, boy scouts, etc., a large recreation room and theatre hall, billiard room, X-ray room, high frequency, heat, massage and electricity departments, a dentist, two operating rooms, and in fact everything you can think of, although in some ways the equipment is far from perfect, since this is still a new hospital. It was opened about December 1, I think. There are thirty-five sisters, from all over. Some French-Canadian, some who have served since the beginning of the war and have been all over the war zone, and some who have just arrived from Canada (Laval unit).

"Now, my dear, I must get ready for church. We go to service at Chatham House, where an army chaplin holds services for Canadians. About 200 of our men are able to go, and any sisters who are off duty go also. Chatham House is a large college taken over for convalescent men and for staff officers. It is a lovely place, next to Townley Castle, where Queen Victoria went to school. Canadians are taking it over, too, and we hope to have lawn tennis, etc., there."

Sisters Quarters.

My Dear Sister—

I went to Buckingham Palace on Wednesday and it was the day of my life. I'll try and tell you about it. We, Miss O. and I, were driven up in a car with two special constables who were sent down to take charge of the convoy. The men all went up in motor busses, 202 from this camp. The busses kept on breaking down, so our progress was slow (we had to lead and keep them in sight), and we arrived at 2.40. We went straight into a huge marquee for tea. It was most beautifully got up—looked like a large hall—hundreds of tables with lovely flowers and laden with good things to eat. Not the usual treat cakes, but the kind of things one would find at a party among ourselves—silver tea-pots, etc.

We all, men included, had proper invitation cards—I'll show you mine some day.

After we had all sat down—(Oh, I forgot! there were ladies waiting on us)—two to each table, all titled people. We had Lady Lansdowne and Lady Stanley. Next to us was Princess Arthur of Connaught, etc. Any amount of officers, naval and military—Sir Lister Kay, Sir Derrick Keppell, and so on. Then the King and Queen with seven other royalties came in, Princess Christian, Duchess of Argyle, Princess Mary, Prince Albert, Queen Alexandra, Princess Victoria, the Queen of Portugal, Princess Alice.

It was all quite informal. We had to keep our seats. The King and Queen came down to our table and talked to the men. The Queen gave the sweetest of smiles and bows, all to myself. She looked very charming dressed in dark blue with lovely diamonds. The King had a naval uniform on—he was awfully nice too—talked to the men, asking if they were comfortable, etc. One man stood up, but he told him to sit down. They went about to each table, and so did all the others—Princess Christian shook hands with me, and the Duchess of Argyle talked to me. Queen Alexandra was wonderful, talking to everyone. The men started getting autographs and Queen Alexandra was kept hard at it. I summoned up courage, after all the men had got theirs, to ask her to sign my card. I curtsied and she looked up with a charming smile, saying, "Of course I will"—signed it—I curtsied again and went off to the entertainment, which was splendid. The Riding School was turned into a theatre, awfully well arranged, with a splendid stage, orchestra, drop curtain of black stuff with strings of roses—so pretty. We each had a programme with photos of the King and Queen. All the Royal people came in, in a sort of procession, all of us standing of course, and as soon as they were seated we sang the National Anthem; then, "Here's a Health unto His Majesty," all joining in the chorus.

The first part of the programme was songs by the Temple Choir,

and the Australian and Canadian National songs. The men yelled the choruses. Then followed a sort of music hall performance. Awfully good and very funny. I got helpless with laughter at some of them. Then three cheers for the King and Queen. You should have heard them. It was thrilling. I was proud of them all. There were about 1,000 altogether. Their behavior was splendid. There were over 100 blind men, poor fellows. One had both arms and legs off and blind as well. The Royal party came down again, smiling and bowing to every one. We had to wait till we were told to go. So the men improved the time by getting the Queen of Portugal to sign their cards. One of my Canadian patients seized my card, took it up and got her to sign it and brought it back to me in triumph—so I am lucky. It was a splendid show right through, and must have done a lot of good. Some of the Colonials say they had quite a wrong idea of the Royal family, but now they are as enthusiastic as possible.

I love the soldiers, and the Colonials (forgive the term) best of all.

Yours,

C. B. C.

THE PRAYER OF A SHUT-IN

Help of the helpless, Thy waiting child doth come to Thee for comfort! The pathway has been hard to-day, the weariness and monotony great! But Thou dost know the weary way, for Thou didst faint beneath Thy cross. And, as in dark Gethsemane Thou didst say "Thy will be done," so give strength unto Thy child to do Thy will each day. Let Thy Presence abide with me and give me rest.

And, if in time, Thy healing balm shouldst flow into this feeble frame, and health return, O let not Thy servant faint before the responsibilities which lie beyond in the realm of work. Do Thou apportion out Thy work for me, and in the waiting time prepare me for it. But, whether waiting or working let the consciousness of Thine everlasting arms support Thy weary child.

Now, resting safe beneath Thy shadow I lay me down in glad content. Amen.—E. C. Taber.

Expression means enlargement if ideas, ideals and possibilities; repression means narrowness of thought and action.

Since the time that the Good Samaritan's services were needed on the old Jericho road, thieves and robbers have abounded there, and many there have been whose wounds have needed binding up, and for whose cure and care much money has been spent, but what is really needed is a proper policing of the road to check the crime. So we must learn to check the stream of deficiency which leads to suffering, poverty, crime and inability.—*Training School Bulletin.*

Editorial

DR. R. W. BRUCE SMITH

The nurses of Ontario, and indeed, of Canada, feel that they have lost a very good friend and adviser in the passing of Dr. R. W. Bruce Smith. In his work as Inspector of Hospitals and Charitable Institutions of Ontario, he came into close touch with nurses and nurses' work and their best interests lay close to his heart. His wish was to have registration for nurses firmly established on a proper basis in Ontario during his term of office. His wish was not entirely realized, but the fruit of his work is yet to be gathered.

The nurses have lost a friend, but his memory will long remain as an inspiration and an incentive to painstaking, indefatigable effort in the realization of high ideals of life.

THE CONVENTION IN WINNIPEG

As this number goes to press the nurses from all parts of Canada will be gathering at Winnipeg for the 1916 convention. The programme of the National Association has just come to hand and promises to be very practical and helpful to nurses in all departments of work. And if the nurses take advantage of the opportunity given them of discussing their work and talking over their difficulties, the advantages derived from the 1916 convention should be very great and very far-reaching.

The most important item of business before the convention is the taking over of The Canadian Nurse by the National Association. Practically all the nurses of Canada are agreed that this is a wise step and the fulfilling of the hopes and plans of the organizers of the magazine and of those who have borne the burden of work and responsibility thus far.

The Canadian National Association with its own magazine will be in a position to grow and make its influence a living thing, not only in the profession in Canada, but over the world. And nothing less than this should satisfy Canadian nurses whose work at the front and at home have brought them into world prominence.

REGISTRATION OF NURSES

Two provinces, Alberta and New Brunswick, have reported the passing of Bills of Registration for Nurses, and our hearty congratulations go out to the nurses of these provinces on their success. We regret that a copy of the Bill was not enclosed with each report. The nurses of Canada are keenly interested in this question as frequent letters of inquiry on this subject testify and follow the progress of the movement with great interest. We hope to gives the nurses the satisfaction of reading these Bills in our next issue. Which province will be the next to report?

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO.

(Incorporated 1908.)

President, Miss Kate Madden, Supt. of Nurses, City Hospital, Hamilton; First Vice-President, Mrs. W. S. Tilley, Brantford; Second Vice-President, Miss Kate Mathieson, Supt. Riverdale Hospital, Toronto; Recording Secretary, Miss E. McP. Dickson, Supt. of Nurses, Toronto Free Hospital for Consumptives, Weston; Corresponding Secretary, Miss Isabel Laidlaw, 137 Catherine St. N., Hamilton; Treasurer, Miss E. J. Jamieson, 23 Woodlawn Ave E., Toronto.

Directors: Jessie Cooper, Ina F. Pringle, J. G. McNeill, J. O'Connor, E. H. Dyke, L. M. Teeter, M. J. Allan, M. L. Anderson, S. B. Jackson, Isabel R. Sloane, and G. Burke, Toronto; Mrs. Reynolds, Miss Simons, Hamilton; Bertha Mowry, Peterboro; C. Milton, Kingston.

STANDARDIZATION OF TRAINING SCHOOLS FOR NURSES

The State Board of Registration for Nurses of Pennsylvania has decided to appoint an educational director, whose duty it shall be to inspect the training schools throughout the state with reference to the curriculum, housing conditions, and efficiency of the school in general. The creation of this position marks the beginning of a new era in the administration of the state registration act, and, if a properly trained person is selected for this responsible position, Pennsylvania training schools will have placed themselves in the foremost rank in the country.

It is generally well known that, while certain hospitals publish a most elaborate schedule of didactic and practical classes for their student nurses, many of them do not adhere to the schedule, and permit the practical work to interfere with classes whenever it suits the convenience of the institution. Heretofore little, if any, attention has been given in many schools to the proper housing conditions for student nurses, any accommodations being considered adequate, and, as a direct result of this lack of foresight, many young women of refined tastes have been lost to the nursing profession. The time has come when hospitals that desire the services of student nurses will have to assume a heavy obligation to the student. They are conducting an educational institution for the training of high-grade women, and while, to impart this training, practical ward work is essential, the theoretical work is of equal importance and a necessary preliminary to the performance of efficient nursing. The education of nurses should not be dependent on the whims or personal convenience of visiting physicians or other attaches of a hospital. Every school worthy of recognition by the state board should be required to employ a staff, however small, of paid teachers, whose services are quite as necessary in supervising the practical bedside work as they are in lecturing.—*The Modern Hospital.*

NATIONAL CONFERENCE

Health conditions will be linked with nearly every phase of the problems of charity and correction to be considered at the forty-third annual meeting of the National Conference of Charities and Correction, at Indianapolis, Indiana, May 10 to 17. One section, that on health, will be devoted entirely to a discussion, by physicians, of the part the medical practitioner and surgeon may play in social work.

Dr. J. N. Hurty, secretary of the Indiana State Board of Health, is chairman of the section on health, and Dr. Theodore B. Sachs, of the Municipal Tuberculosis Sanitarium, of Chicago, is vice-chairman. In the general session, devoted to subjects of wider, popular interest, Dr. Eugene L. Fisk, director of hygiene of the Life Extension Institute, New York, and Professor L. J. Rettger, of the Indiana State Normal School, will discuss longer and more effective living.

In the section meetings there will be a symposium on disease, ill health, and sickness, and their bearing upon crime, insanity, and poverty. The speakers will be Dr. David C. Peyton, superintendent of the Indiana Reformatory, and Dr. S. E. Smith, superintendent of the Eastern Hospital for the Insane, at Richmond, Indiana. Dr. E. R. Hayhurst, of the Ohio State Board of Health, will lead a discussion of industrial hygiene. The relation of venereal diseases to public and individual health will be considered by Dr. C. S. Woods, superintendent of the Methodist Hospital, Indianapolis, and Dr. William F. Snow, secretary of the American Social Hygiene Association. A number of dental surgeons will also participate by giving their views on the relation of oral hygiene to public and individual health.

Other sections allied in subject matter to that on health will take up the problem of inebriety and the relation of feeblemindedness and insanity to social questions. The former division of the conference will make a distinct contribution by presenting the results of an inquiry among large employers as to the results attained from their prohibition of drinking among employes.

A broad field of community problems will be covered by six other sections of the conference. That on the family and the community will take up the co-ordination of civic effort in small communities. In its general session it will consider conditions adverse to efficient public work under democratic government.

A section on unemployment will examine into the degree to which social workers are prepared for the next period of stress. Graham Romeyn Taylor, of *The Survey*, is in charge of a section on the promotion of social programs, in which representatives of labor, business men, editors, and public officials, will give their ideas on the relation of social workers' programs to the community in general.

The growing tendency to put relief work in the hands of public agencies will occupy much of the attention of a section on public and private charities. Problems connected with the organization and ad-

ministration of charity work and the keeping of proper records will also be discussed.

The conference will be opened on the evening of May 10 with an address by the president, Father Francis H. Gavisk, in which the keynote of the entire gathering will be struck. A talk of exceptional public interest will also be given at this inaugural session by Ernest P. Bicknell, director of civilian relief of the American Red Cross. Mr. Bicknell will discuss war relief and his own experiences close to the firing lines in the various European war zones.

FRENCH FLAG NURSING CORPS

Two of the Canadian Unit are working at Rousbrugge, and until recently have been very busy and have found their work intensely interesting. We learn the wards are very well equipped for a field hospital, and the patients are all wonderfully cared for. One Sister writes:—"We have had some very distinguished visitors during the past month: First, the King of the Belgians came to see a French General who had been wounded, and a few days ago the Queen made a very thorough inspection of the hospital, and expressed herself as being very well pleased with all arrangements. She was most charming and gracious and I was fortunate enough to have a second conversation with her in our Salon, and she spoke so kindly of our brave Canadian soldiers. . . . . We have all been interested in the struggle with the Nursing College scheme, and in fact with all that is connected with your splendid journal. I am glad to see in this week's issue that Miss Ellison was speaking in support of the F.F.N.C."

A gift of 20 mattresses having been received by Miss McMurrich at Rousbrugge, she wrote us: "I wish you could have seen the delight of the patients, . . . if you know of any one who would be willing to give 20 more for another ward it would be a gold mine indeed, the measurements are 72 in. by 30 in." In reply to an enquiry as to what was most urgently required in the hospital, Miss McMurrich asked for rubber rings, rubber gloves, small pillows, and covers about 9 inches in length, gauze bandages, 2½, 3, 4, and 6 inches wide; safety pins all sizes, note paper and envelopes for patients, fine tooth combs, glass hypodermic syringes, sizes 2, 5, or 10 centimeter cubes, and aluminum hypodermic needles large enough for giving camphor oil.

We forwarded this letter to the Vicomtesse de la Panouse, the President of the Corps, and have received the kind reply: "Ci-joint la lettre que je devais vous renvoyer. Nous avons adresse 20 matelas et les autres choses qu'elle demandait a la Nurse que vous nous avez indiques." A little gold mine indeed.

A second unit of six Canadian nurses for the F.F.N.C. will arrive in London and will cross to France as soon as the innumerable formalities have been complied with.—*British Journal of Nursing.*

The second unit has arrived safely after a sixteen days' voyage.—Ed.

THE CANADIAN NURSES' ASSOCIATION AND REGISTER FOR GRADUATE NURSES, MONTREAL

President—Miss Phillips, 750 St. Urbain St.
First Vice-President—Miss Colley, 23 Hutchison St.
Second Vice-President—Miss Dunlop, 209 Stanley St.
Secretary-Treasurer—Miss Des Brisay, 638A Dorchester St. West.
Registrar—Mrs. Burch, 175 Mansfield St.
Reading Room—638A Dorchester Street West.

The Canadian Nurses' Association of Montreal celebrated its coming of age on Wednesday, May 3, by the opening of their club house, at 638A Dorchester Street West.

Twenty-one years ago the late Doctor R. C. Kirkpatrick, surgeon in the Montreal General Hospital, felt very keenly the need of a general registry, where nurses for training schools of hospitals in good standing, might register.

Accordingly, on the 24th of March, 1895, he called twenty-six graduate nurses together at the home of Mrs. Burch, whom he asked to act as registrar, and founded the association.

On April 2, a meeting was called to elect officers, the result of the ballot being that Miss Rogers was elected president, which office she held for seven years, and whom it was hoped would be with us, but a previous engagement made it impossible.

To the untiring efforts of our founder and honored friend, the association owes more than it can ever express, and when, after two years and eight months he passed beyond the vale, it was felt that his going was an irreparable loss.

His memory to those who knew him both in the association and in hospital ward has been, and always will be an incentive for good and a stimulus to press on to higher things. The one shadow on our gathering, was his absence, but it was indeed a pleasure to have his sister, Mrs. Reid, with us.

Mrs. Burch is still our registrar and wise counsellor, and to her the association owes much. In all our different vicissitudes her courtesy

and kindness have been unwearying, and it is often said that Mrs. Burch is the association.

The Club House is very conveniently situated and it is hoped will prove to be a real home. There is a large and attractive room for lectures and social gatherings, and rest and reading rooms, also residence for secretary. On the upper floor are three large bedrooms to rent, and bath room. Two of the rooms are already taken.

A friend has most kindly given a piano for six months, which is greatly appreciated.

A steel engraving of Florence Nightingale adorns the south wall of the lecture room, and is the gift of Miss Moffatt. A lounge has also been given by another of our members.

The Rev. Dr. Symonds in a short address, congratulated the nurses, and said such a meeting place for rest and recreation for those engaged in the same occupation was a necessity, and referred to the fact that in order to meet the cost of furnishing, five dollar shares are being issued.

Doctor Shepherd gave a most interesting account of the great advance in the nursing profession during the last fifty years. He referred to the work being done for the men returning from the front, and as a member of the hospital commission, said it was desirable to do away with as much as possible with official red tape in the convalescent hospitals and homes, and work for the good of the men, in seeing that they were taught trades within their strength and ability, for the future. In all this the nurses, through their more intimate knowledge of the patients, could give valuable assistance.

Tea was served by some members of the committee and others, to the friends who so bravely faced the downpour of rain, in order to be with us.

Miss Phillips has left for her home in Watertown, N. Y.

It is with great regret we learn of the illness of Miss Thackeray.

A memorial to Florence Nightingale in the crypt of St. Paul's Cathedral was unveiled by the Queen on February 14. It is placed on the wall of the archway which leads from the tomb of Nelson to that of Wellington, and is a half-length portrait of white marble.

A pleasant variety was lent to the May meeting of the Executive Council of the Victorian Order of Nurses for Canada by the presence of its beloved founder, Lady Aberdeen, accompanied by Lord Aberdeen. The President, Mr. J. M. Courtney, welcomed the visitors most heartily on behalf of the Executive Council, in a very happy little speech, to which they both responded. Lord Aberdeen recalled very vividly the difficulties which were experienced in the early days, and which were so well overcome by the founder of the Order. Lady Aberdeen spoke in words of appreciation of the wonderful development of the organization, of its strong adherence to high standards and its up-to-dateness. She dwelt on the splendid reputation the organization enjoys, not only on this continent, but in the old land and in Australia, and congratulated the Order on its work in connection with insurance nursing and school nursing.

After a most interesting and informal chat about old times and future plans, the Marquis and Marchioness made a tour of the Home, which was a gift from Lady Aberdeen many years ago to the board of governors.

Lady Aberdeen, with many good wishes for the continued success of the organization which is so dear to her heart, said goodbye to the executive council, all of whom felt a new inspiration from the visit of this splendid woman who has done so much good in organization work in the Dominion of Canada.

The Victorian Order of Nurses for Canada offers a post-graduate course in district nursing and social service work. The course takes four months, and may be taken at one of the Training Homes of the Order: Toronto, Ottawa, Montreal, Vancouver. For full information apply to the Chief Superintendent, 578 Somerset Street, Ottawa, or to one of the District Superintendents, at 281 Sherbourne Street, Toronto, One.; 46 Bishop Street, Montreal, Que.; or 1300 Venables Street, Vancouver, B.C.

HOSPITALS AND NURSES

British Columbia

Miss Randal, who recently resigned the position of Superintendent of Nurses of the Vancouver General Hospital, a position she has held for many years, has been made the recipient of a very gratifying testimonial from the members of the Medical Profession of the city, sixty-seven of whom joined in presenting her with a beautiful silver purse and chain, containing a generous sum of money with which to purchase a testimonial according to her fancy. The presentation was made by Dr. Burnett, accompanied by Dr. Gillespie. In making the presentation Dr. Burnett spoke feelingly of the high appreciation in which his profession held the work done by Miss Randal at the Vancouver General Hospital, and of the great advances made in that institution during her period of office. Miss Randal, who was much moved by Dr. Burnett's kind words and the handsomeness of the gift, replied thanking the Medical Profession for the kindness and consideration they had always shown her, and regretting that her work with them had come to an end.

The resignation of Miss Randal, Superintendent of Nurses of the Vancouver General Hospital, took effect on April 1st. Her absence is very keenly felt by her training school, who have not only lost a just disciplinarian, but one who considered their welfare and happiness, and to whom they could freely take their troubles.

The work that Miss Randal did for the good of the Hospital and the training school will remain a lasting memorial of her term of office there.

The Fourth Annual Meeting of the Graduate Nurses Association of British Columbia was held on Monday, April 24th, in the "Blue Room" of the Hotel Vancouver, Vancouver, B.C.

The meetings were presided over by the President, Mrs. Bryce Brown, of Burnaby.

At the morning session, after the invocation by the Rev. Harold King, the President gave an address in which she spoke of the Registration Bill for Nurses for British Columbia, and explained the amendments that had to be made before the Bill went into Committee after the second reading. She also referred to the Annual Meeting of the Canadian National Association of Trained Nurses, to be held in Winnipeg in June, and the advisability of taking over "The Canadian Nurse" by that Association, and the ways and means of financing it. Mrs. Bryce Brown was unanimously elected as representative of the British Columbia Association to attend the National meeting in Winnipeg.

Reports were received from Miss Hart, convener of the "Eligibility Committee"; Miss Judge, convener of the "Press Committee"; and Miss Breeze, Secretary-Treasurer.

In her report Miss Breeze spoke of the Registration Bill now before the House, the final decision of which is not known; of the amount of surgical dressings made for the military Hospitals in Europe, which work was commenced after the last annual meeting and has been continued throughout the year. It had been necessary to accept three resignations during the year, that of Miss J. McIntosh, third Vice-President, as she was leaving British Columbia; and Miss Morrison and Miss Williams, members of the Executive Committee, as they had left for military duty overseas. The office of third Vice-President is still vacant, but Miss J. Tolmie and Mrs. Carruthers, both of Victoria, have been appointed to fill the vacancies on the Executive.

The financial statement showed the cash for the year to be $327.70, including $258.70 balance on hand, and disbursements $164.10, leaving a balance of $163.60.

In her report on supplies made for European Hospitals, Miss Breeze said that letters were sent to all the Hospitals and Nursing centres in British Columbia, asking for help in money and supplies, which received a very ready and generous response. The work of making up the supplies was undertaken by the Vancouver Graduate Nurses' Association, the Alumnae Association of the Vancouver General Hospital and the New Westminster Graduate Nurses' Association. In all eight bales have been forwarded up to date.

At the afternoon session Dr. R. E. McKechnie gave an address of welcome to the Association, and Miss Randal, Vancouver, gave an address to the visiting members, which was replied to by Miss Bapty, of Victoria.

Mrs. Blythe of Vancouver, read an interesting paper on "Nursing, the Work and its Responsibilities," referring to the progress in the profession since the days when the trained nurse was unknown, to the present day. Discussion on this paper was led by Mrs. M. E. Johnson.

Miss Deacon read a paper on the work of the Victorian Order, tracing the work and progress made since the commencement of the Order. Miss Deacon is head of the Victorian Order in Vancouver, and was able to give many interesting facts about the work there. The discussion was led by Miss Archibald.

Mrs. Carruthers gave a very instructive paper on "The Household Nurse and the New Hospital Nurse," portraying the infinite usefulness of the training school.

Miss R. Judge read an article on "The New Englishwoman, the Social Result of the War," written by Hugh S. Eayre.

Discussion arose on the subject of what was to be done for the nurses returning from the front unfit for work, suggested by Miss Tolmie, of Victoria. It was decided to form a committee with Miss

Bone, of Vancouver, as convener, to see what could be done in the matter, who would report at the next general meeting.

The meeting then adjourned for tea, which was served in the hotel, the Vancouver Graduate Nurses' Association, being the hostesses.

Miss M. B. McElhoes, graduate of Vancouver General Hospital, took charge of the Nicola Valley General Hospital on March 18, 1916, when Miss M. J. Leitch resigned, to accept her appointment on the R. A. M. C. Miss Leitch has left for Halifax, from whence she sailed for London.

Miss L. Fish, graduate of Vancouver General Hospital, has accepted a position as head nurse in the Nicola Valley Hospital.

Alberta.

The Calgary Association of Graduate Nurses, feels obliged to plead guilty of failure to report its doings to our Official Organ—*The Canadian Nurse*. But as we are doing all in our power to remedy our fault, we think that we may count ourselves forgiven.

During the month of April, we had the pleasure of welcoming to our ranks a class of fifteen nurses, graduates of our Calgary General Hospital.

One of the most interesting points about the graduating class this year is that none of its members hail from the city of Calgary, but from England, Scotland, Ontario and the United States, showing the widespread influence for good which the Hospital exerts.

The Graduating exercises were exceptionally interesting. A fine musical programme was rendered. The chair was occupied by Mayor Costello, and the diplomas presented by His Honor Lieutenant-Governor Brett. It is of interest that both these gentlemen are members of the Medical Profession.

We rejoice that the Registration Bill passed safely, though we deplore some of the changes and modifications.

We are proud to say that our C. G. N. A. has contributed its quota of nurses to the front.

The Honor Roll is as follows:—Miss Treppel-Tramid, at Crumpsall, Manchester, England; Miss Margaret MacFarlane, Calgary General Hospital; Miss Claffy, St. Josephs, Port Arthur; Miss Luke, of the Royal Infirmary, England; Miss Duffield, Kimberly, South Africa; Miss Bailey, Holy Cross, Calgary; Miss Gee, of Minneapolis; Miss Beatty, Fort William. Many more will respond to the call should there be need. Those of us who are left at home meet fortnightly at the General Hospital, to make surgical dressings for the front.

Saskatchewan

The Annual Meeting of the Saskatchewan Graduate Nurses' Association, was held in Prince Albert, on April 24, 1916.

The visiting delegates were: Mrs. J. A. Westman, Regina, President of the Association for the past year; Miss Urquhart, Matron of Nurses of the Saskatchewan Hospital Unit; Miss Phillips, Superintendent of the Saskatoon City Hospital, and Misses Armstrong and Browne, of Regina.

Shortly after arriving in the city, the delegates were entertained at a luncheon in the Avenue Hotel, given by the Prince Albert Nurses' Association. Those present were Mrs. D. W. Adam, President of the Prince Albert Association; Mrs. J. A. Westman, Mrs. W. M. Traill, Miss Fryer, Miss Hart, Miss Essex, Miss Urquhart, Miss Armstrong, Miss Phillips, Mrs. Campbell, Mrs. Feeney and Miss Browne.

The afternoon session was held in Friendship Hall. After the reading of the various reports, the rest of the afternoon was spent in drafting a new constitution for the Provincial Association. The meeting adjourned at 5 p.m., after which tea was served. During the serving of tea, a very choice musical programme was rendered.

The evening session opened at 8 p.m., the subject under discussion being "Registration." It was decided to drop the old Bill which was thrown out at its third reading in the House last June, and to draw up a number of requests to be used in the form of a petition. It was decided to get in touch with all the nurses in the Province, and get their signatures to this petition before bringing it up in the House.

The nominating committee then submitted its report, and the following officers were elected for the ensuing year: Honorary President, Mrs. J. A. Westman, Regina; President, Miss Jean Browne, Regina; 1st Vice-President, Mrs. D. W. Adam, Prince Albert; 2nd Vice-President, Miss M. Hood, Saskatoon; Secretary-Treasurer, Mrs. Van Valkenburg, Regina; Council, Miss Jean Wilson, Moose Jaw; Miss Ruth Hicks, Weyburn; Miss Nora Armstrong, Regina; Miss Walker, Yorkton; Mrs. E. M. Feeney, Prince Albert.

The business meeting adjourned at 10 p.m., after which coffee and cake were served. Reminiscences of training-school days were indulged in quite freely while Mrs. Adam dispensed coffee from what she designated as the "ward coffee-pot."

The following morning a meeting of the executive was held at the home of Mrs. D. W. Adam. The following committees were formed: Registration—The nurses on the Council with Mrs. E. M. Feeney as convener; Constitution—Mrs. Adam, convener; Mrs. E. M. Feeney, Miss Armstrong; Eligibility—the Executive.

The Annual Meeting of Regina Graduate Nurses' Association was held in the Staff Nurses' sitting room, General Hospital, on Tuesday, April 4, 1916. The President, Mrs. J. A. Westman, read the following report:—

During the past year, seven regular meetings were held and one special meeting. At the present time we have 38 members, 14 new

members having been enrolled during the year. The graduating class of 1915 were given membership in the Association.

The proposed Bill of Registration was submitted to the Saskatchewan Legislature in May, 1915, but owing to the decided opposition of a few members, the Bill was withdrawn. This was a keen disappointment, but perhaps for the best, giving us a little more time for preparation to meet the responsibilities following the passing of the Bill. After carefully considering the question, it was decided not to submit the Bill at this session of Parliament. This will be one of the important questions to be discussed at the Annual Meeting of the Provincial Association to be held in Prince Albert on Monday, April 24. To successfully carry this measure the support and co-operation of every graduate nurse in the Province are necessary.

During 1914-15 we have lost many active members who have gone overseas, and while regretting their absence and the cause of it, we are very proud of our Honor Roll.

In September, tickets for the drawing of the lot donated by Mr. Broder, to the Saskatchewan Hospital Unit were sold by the members of this Association, and the sum of $312.25 was realized.

On November 27, a bazaar and tea was held in R. H. Williams' store. We are very grateful to Mr. Williams and staff for their kindness and courtesy. The committee are to be congratulated on the success of their venture. The sum of $160.00 was realized for the local Relief Fund. The committee in charge of relief work reported fewer demands on this fund than last year, and it was decided to donate $50.00 to the Belgian Relief Fund.

The sum of $50.00 was collected by subscription to endow a bed in the No. 8 Overseas Stationary Hospital—Saskatchewan Hospital Unit. Surgical dressings were prepared for the Saskatchewan Hospital Unit, but these were given to the Red Cross where the need was immediate.

In February, a Rummage Sale was held in the City Market. The sum of $35.00 was realized from this for the Patriotic Fund.

Officers appointed for the coming year, are: Honorary President, Mrs. J. A. Westman; President, Mrs. J. C. Black; 1st Vice-President, Mrs. Smith; 2nd Vice-President, Miss K. Dale; Secretary, Miss McElhone; Treasurer, Miss Van Evan. Conveners of Committees—Relief, Miss Browne; Sick, Miss T. B. Wilson; Social, Miss Grassick; Eligibility, Miss Nora Armstrong, Mrs. Black, Miss Japp.

Miss E. M. Turner, who has been Superintendent of Nurses in the Regina General Hospital for the last three years, has resigned from this position. Her successor has not yet been appointed.

Ontario

Five new members have been added to the Ottawa Graduate Nurses' Association, and twenty-nine new members to its registry as reported at the annual meeting of that body held in Carnegie Library Hall, on April 10, 1916. Mrs. E. E. Harris presided. There are now eighty nurses in the association and the names of one hundred are on the registry. Forty-six nurses, former members of the registry, are serving in the hospitals at the front and each of these was remembered with gifts at Christmas.

The association also donated $50 to Serbian Relief, and the members met weekly from October to February, to make surgical supplies, at the Red Cross headquarters.

Miss McKinney, of Calgary, a graduate of Lady Stanley Institute was present, and gave a brief address. She told how the official organ of the profession in Canada, "The Canadian Nurse," was first published through the work of the Calgary nurses. Dr. Helen McMurtry was the first editor. Now the magazine is published monthly in Toronto.

The officers for the year are:—President, Miss O'Connor, Superintendent of the Isolation Hospital, elected by acclamation; Vice-President, Mrs. E. E. Harris; Secretary, Miss Helen Leyden; Treasurer, Mrs. C. T. Ballantyne; Board of Directors, Mrs. H. Church, Mrs. J. L. Potter, Mrs. Robert Law, Miss Haldane and Miss Gallagher.

Miss Isobel McElroy, Graduate of the Ottawa General Hospital, who for some months was nursing in No. 1 Canadian General Hospital, France, has been obliged to return home, on account of illness in her family.

The Ottawa Graduate Nurses' Association gave a donation of fifty dollars for Serbian relief work, through the Women's Canadian Club, Ottawa.

Peterboro—A member of the staff of the *Examiner* has received a letter from Lieut. (Dr.) Frederick, of Peterboro, who is now with No. 1 Canadian Stationary Hospital, with the Mediterranean Expeditionary Force.

Lieut. Frederick, who, during a portion of the Dardanelles operations, was stationed on the island of Lemnos, writes as follows, on March 3:

"Arrived at Salonica (Greece) safe and well. Weather delightful. Have just had a fine month in Egypt. No. 3 Canadian Stationary Hospital, with Mrs. Douglas of Peterboro, on the staff, has taken over the hospital at Mena House, at the foot of the pyramids in Cairo. All members from Peterboro in the various units are well."

Miss Montgomery, who has been seriously ill is recovering. Miss Scott, who was nursing her, spent the Easter holiday at her home in Perth.

Mrs. (Dr.) McCullough is very seriously ill. Mrs. Millar (Miss Coleman), is with her, while awaiting the call for overseas service.

Miss F. Dixon, has returned to Peterboro after spending the winter with her sister, in Montreal.

At the regular meeting of the Ottawa General Hospital Alumnae Association, held in January, the sad news was received of the death of Mr. Thos. McElroy, father of a former president of the Association. It was the wish of the members that flowers and a letter of sympathy be sent to Mrs. McElroy, as they were not sure of the date of Miss McElroy's return. She arrived in Ottawa on February 23rd. Miss McElroy has only the most encouraging news from the front. The work is hard at times, but most interesting, and the patients are so appreciative that the nurse is well repaid for her labor. There are so many doctors and nurses from Ottawa, as well as nearly all Canadian cities, and they are all so pleased to meet each other, that you never feel like a stranger in a strange land. They are all well and happy in France and England.

Several graduates from Ottawa General Hospital have gone with the Laval unit. Some sailed in January and some in February. The two bands are to be united in England and there assigned their share in the great work.

Our alumnae was unanimous in the wish to belong to the Provincial Association, and so further the work of registration for nurses in Ontario.

Major Young, formerly of Ottawa, came back to Canada to be married to Miss Gratton, of Pictou, Nova Scotia, on February 9th. The nurses of the Ottawa General Hospital extend their best wishes for a long and happy life to Major and Mrs. C. A. Young.

A special meeting of the Lady Stanley Institute Alumnae Association was held in the Carnegie Library, Ottawa, on April 17th, at 3.30 p.m., Mrs. C. T. Ballantyne, presiding. A large number of members were present. The following officers were elected for the year:—Hon. President, Miss M. Catton, Superintendent of Nurses, Lady Stanley Institute; President, Mrs. C. T. Ballantyne, 199 Rideau Street; First Vice-President, Miss L. McDiarmid; Second Vice-President, Miss E. Dennison; Secretary-Treasurer, Miss J. K. Argue, Lady Grey Hospital, Ottawa; Board of Directors, Mrs. H. Swan, Miss M. McNeice, Mrs. I. G. Smith.

After the usual routine business the meeting adjourned.

The Public Health Nurses' Association of the Department of Public Health, Toronto, have been holding their fortnightly meetings during the year. The officers elected are: President, Miss T. B. Jordan; Vice-President, Miss J. McNeil; Recording Secretary, Miss E. T. McCaul; Corresponding Secretary, Miss J. Neilson; Treasurer, Miss N. Robb;

Press Representative, Miss D. V. Robinson; Directors, Miss N. Moore and Miss E. Sutherland.

The meetings are devoted to business arising out of the work of the Division of Public Health Nurses,—after which the nurses attend the lectures on Sanitary Instruction, arranged by Dr. Hastings, M.O.H.

An item of interest to the Public Health Nurses of Toronto is that our Association has lately become affiliated with the Local Council of Women.

The Alumnae Association of St. Michael's Hospital, Toronto, held their Annual Meeting and Election of officers on Wednesday, April 26, 1916, at St. Michael's Hospital. The reports were interesting and showed an active and progressive year. The result of the election was as follows: President, Miss E. E. Stubberfield (re-elected); First Vice-President, Miss M. Power; Second Vice-President, Miss A. B. Long; Third Vice-President, Miss G. Gibson; Recording Secretary, Miss Marie Cluney; Corresponding Secretary, Miss A. M. Connor; Treasurer, Miss B. Hinchey (re-elected); Representative on Central Registry Committee, Miss Cahill; Representative to The Canadian Nurse and Press, Miss M. I. Foy; Secretary-Treasurer Sick Benefit Fund, Miss J. O'Connor.

The Hospital Choir and Nurses gave a very pleasing musicale which was much appreciated; a happy social hour was spent. Representatives from the various Hospital Alumnae Associations were present.

Miss E. Ross Green, Superintendent of the Hospital for Incurables, and graduate of St. Michael's Hospital, has sailed from New York to make an extensive visit to Ireland. The members of St. M. H. Alumnae wish her a pleasant voyage and holiday.

Miss Clare Goodwin, of New York, member of St. M. H. Alumnae, paid a brief visit to Toronto in May.

Miss Tena Regan, of Sudbury, member of St. M. H. Alumnae, has been in the city for a few days.

Miss A. Solan and Miss Grace Coyle, members of St. M. H. Alumnae, spent Easter holidays in New York City.

His Grace Archbishop McNeil presided at the graduating exercises at St. Michael's Hospital on Monday, May 8, 1916, when twenty nurses received their diplomas and medals, and a new feature was introduced when several of the graduating class received special prizes.

The assembly hall, filled with friends, was draped in the colors of the hospital, red and white, and the numerous floral offerings sent the nurses were arranged in tasteful profusion in the windows and alcoves.

Congratulatory addresses were made by Dr. Dwyer, Rev. Dean Harris, Rev. Father Bench and Messrs. Matthew O'Connor, J. J. Seitz and M. J. Haney.

Tea was served the guests and later an auto drive was given the graduating class, who were afterwards entertained by the school nurses of the hospital.

The graduates are: Misses Ellen G. Perry, Nellie M. O'Farrell, Regina Koller, Mathilda Miller, Teresa M. McDonough, Dorothy Heneberry, Eva Charlebois, Ethel M. Barrett, Marie E. Dooher, Fay A. Nurse, Mary Finn, Anne F. Cottrell, Eleanor Dwyer, Leama M. Neilly, Laura C. McMillan, Charlotte M. Frost, Mary F. Giblin, Anna M. O'Meara, Alice Granton.

Miss C. C. Fraser, a graduate of St. Michael's Hospital, Toronto, is with the British Columbia Base Hospital at Salonica. Miss Fraser has charge of one of the operating rooms. She writes of the pleasant trip, having spent some time at Malta and Cairo, en route.

The Annual Meeting of the Graduate Nurses' Association of Sarnia, was held on March 23, 1916, at the General Hospital, when the following officers were elected: President, Miss Hicks; Vice-President, Miss Griffin; Secretary-Treasurer, Miss Walper. Representative to Local Council of Women, Miss Griffin.

Peterboro: Miss Beamish, Superintendent of Nicholls Hospital, who expects to go overseas shortly, was presented by the Board of Directors with an address, leave of absence and an honorarium. The doctors of the staff expressed their appreciation and regret in an address and presentation of a wrist watch and fountain pen.

The nursing staff gave Miss Beamish some silver toilet articles. Her departure causes very sincere regrets.

Miss Sanderson is superintendent during the absence of Miss Beamish. Miss Howson, Assistant Superintendent; Miss Speirs, Night Superviser, and Miss Burgess continues in charge of the operating room.

Miss B. Mowry has arrived safely in England, and is in charge of a cottage in Moore Barracks, Shorncliffe. She writes very enthusiastically of her glimpses of England, and of her work.

Mrs. David Millar paid her sister in Alberta a short visit before leaving for overseas service.

Dr. C. King read an excellent paper to the nurses at the last meeting of the Chapter.

The annual meeting of the Hamilton Central Registry was held in April, at the Nurses' Residence, City Hospital. A fairly prosperous year was reported. Miss H. Coleman, convener of the Management Committee, and Miss Bessie Sadler, treasurer, resigned. The retiring officers were on the committee which organized the Registry, and their continued efficient and faithful services contributed greatly to its success.

The new committee consists of Miss A. P. Kerr, Convener; Misses

Laidlaw, Sadler, Emmerson, McCall, Hulme and O'Connor. The Registrar is to be the treasurer.

Miss Helen Kelly, H.C.H., Superintendent of the Penetanguishene Hospital, is visiting in Hamilton.

Miss Still, H.C.H., has returned from the West.

Mrs. H. Osbourne Wright (Miss May Carscallen, H.C.H.), is visiting in Hamilton.

Quebec

The graduating exercises of the Royal Victoria Hospital training school for nurses, took place on the afternoon of April 5, when thirty-four nurses received their diplomas. Dr. Maude Abbott gave an interesting address, after which tea was served in the dining room to the graduates and their friends. In the evening the graduating class had a theatre party and on their return the next class (now the seniors) served them with supper, and a short dance ended a day long to be remembered by the class of '16. The Alumnae Association follows them with many good wishes for their future usefulness and happiness.

Mrs. Stanley, graduate of the R. V. H., Montreal, who has been doing private nursing for some years in Montreal, and has been a most active and useful member of the Alumnae Association, left last week to reside in Ottawa with her son. The Association deeply regrets her departure and hopes that it may not be long before she returns to Montreal. The members of the Association, at an informal meeting, presented her with a handsome mahogany tea tray, as a token of their esteem. A beautiful picture was also given her by a few of her oldest friends belonging to the Hospital.

Miss Bryce, R.V.H., Montreal, class of '07, who has been head nurse in one of the private wards in that institution for some years, and Miss King, class of '15, also a head nurse for the past year, are leaving for overseas in a short time. They do not know their destination yet, but the good wishes of the Alumnae Association go with them wherever they may be, that they may be able to alleviate some of the terrible suffering entailed on our soldiers by this awful war.

New Brunswick

The New Brunswick Association of Graduate Nurses presented a Bill to the Legislative Assembly, in March, asking for Incorporation for their Association, and Provincial Registration, both of which were granted.

Including the Committee, a representation of twenty-three nurses from different parts of the Province attended. There was opposition from one county only.

While there were one or two amendments to the Bill, the nurses are well satisfied and cannot speak too highly of the courteous manner in which they were received and treated by the members.

They are also greatly indebted to their legal advisers for their valuable assistance and the deep interest they took in the proceeding.

In the afternoon, Mrs. Richards and Miss Murray entertained the visiting nurses at the "Palms," to a five o'clock tea.

In addition to attaining their object a most enjoyable day was spent in Fredericton.

The organization meeting will probably soon be held in St. John.

The Association held their Annual Meeting at St. John General Public Hospital, in April. Reports for the year were read, and routine business settled, but no election of officers took place, it being necessary to wait for the organization meeting, as there will be a number of changes and details to be arranged.

The St. John General Public Hospital Nurses' Alumnae, held their annual meeting in the Board Room of the Hospital, on Monday evening, April 10, when the following officers were elected: Miss E. J. Mitchell, President; Miss L. Marvin, First Vice-President; Mrs. J. F. Dunlop, Second Vice-President; Miss Belle Fowe, Recording Secretary; Miss E. P. Hegan, Corresponding Secretary; Miss K. A. Holt, Treasurer.

A military Hospital has recently been opened in St. John. Miss M. Gertrude Williams, a graduate of the St. John G. P. H., and who received her A. M. C. training in Halifax, was appointed matron, with a staff of five nursing sisters—Mrs. Nora G. Foss, Miss Bessie Gaskin, Miss Allie Burns, Miss Gertrude Wilson and Miss Ruth Kingston.

Two more of our nurses, Miss Emma Barry and Miss Catherine Shea, left on Monday evening for Halifax, to undergo military training prior to joining the St. Francis Xavier Overseas Medical Unit. They will report in Antigonish in about two weeks, where the Unit is at present making preliminary preparations previous to going overseas.

Newfoundland.

Miss Southcott, Superintendent of Nurses, General Hospital, St. John's, Newfoundland, has resigned her position and opened a private hospital in St. John's. Soon after establishing her own hospital Miss Southcott was asked to organize a hospital for the volunteers. The military hospital is at "Donovan's," six miles from St. John's.

Miss Taylor, a graduate of the General Hospital, St. John's, has succeeded Miss Southcott as Superintendent of Nurses. Miss Taylor went to England for post graduate work, taking her maternity training at Queen Charlotte's Hospital, London, and training in Massage at St. Bartholomew's Hospital, London. Miss Taylor holds the C. M. B. certificate and a certificate for massage.

The Nursing Brigades of Newfoundland are steadily working for the soldiers. By the last steamer we sent eleven large barrels, tightly packed with dressings, bandages, etc. Whenever there is a steamer going we send a consignment.

THE NURSES' LIBRARY.

Canada in Flanders—By Sir Max Aiken, M.P., with a preface by The Rt. Hon. A. Bonar Law, M.P., LL.D., Secretary of State for the Colonies; and an introduction by The Rt. Hon. Sir Robert Borden, G.C.M.G., M.P., LL.D., Prime Minister of Canada. With maps and appendices.

Hodder and Stoughton, London, Toronto, New York.

This is the official story of the Canadian Expeditionary Force. The Rt. Hon. A. Bonar Law, says: "The present work seems to me a model of lucid, picturesque, and sympathetic narrative, and it will have, I feel sure, a lasting value.

"We have a right to feel proud of the part which is being played in the terrible tragedy of this war by the great Dominions of the British Crown. We had no power to compel any one of them to contribute a single penny, or to send a single man, but they have given of their best, not to help us, though I think they would have done that also, but to defend the Empire which is theirs as much as ours."

Clinical Laboratory Technic for Nurses—By Anna L. Gibson, R.N., Matron of the Boston City Hospital Relief Station, East Boston; Instructor of Laboratory Technic to Graduate Nurses, and Assistant Matron Superintendent of the Huntington Hospital, Harvard Medical School, Boston, Mass.

Whitcomb & Barrows, Boston, Mass. Price $1.25.

Knowledge of laboratory methods makes nurses more efficient observers. It prepares them to make routine examination as office nurses. It fits them to be scientific assistants to physicians and sanitary experts. Miss Gibson has furnished a very practical text-book for nurses wishing to be thus equipped.

Elementary Bacteriology and Protozoology—For the use of Nurses. By Herbert Fox, M.D., Director of the William Pepper Laboratory of Clinical Medicine in the University of Pennsylvania; Pathologist to the Zoological Society of Philadelphia, etc.

Second edition, revised and enlarged, 12 mo., 251 pages, with 68 engravings and five colored plates. Cloth, $1.75 net.

Lea & Febiger, Philadelphia and New York, 1916.

"This work was designed as an elementary text-book of Bacteriology and Protozoology for nurses and for beginners, but it has also proven a useful book to the general practitioner. Without being technical, it gives a good idea of the nature of micro-organisms, and then discusses with more emphasis the ways in which bacteria pass from one individual to another, how they enter the body and act when once within, and their manner of exit. Such general information concerning the character of the disease process has been included as

seemed necessary to clarify the nature of microbe action. In other words, the author has endeavored to show in the simplest manner how bacteria produce disease. That he has succeeded is shown by the favor with which the first edition was received and by the urgent demand for a new edition.

"In the second edition much has been added concerning general disinfection, the transmission of infection, especially in regard to those diseases spread by insects, and the peculiar phenomena of hypersusceptibility, a subject which becomes wider in its significance as we learn more about it."

A Guide to Pharmacy and Dispensing—For nurses and women desirous of qualifying as dispensers. By C. J. S. Thompson, author of "Practical Dispensing for Pharmaceutical and Medical Students," "A Manual of Personal Hygiene," "The Chemists' Compendium," "A Compendium of the Pharmacopoeias," etc., etc.

New edition thoroughly revised, one shilling net. The Scientific Press, 28, 29 Southampton Street, Strand, London, W.C., England.

The name describes the use of the book, which will be very helpful to those seeking such a guide.

Home Nursing—Comprising Lectures given to detachments of the British Red Cross Society, by Edith Newsome, M.R.B.N.A., certified Portsmouth Infirmary, Central Midwives' Board, and Royal Institute of Public Health, London; Matron, Hall Hey Military Hospital, Rawtenstall; Late Lecturer on Nursing, Hygiene and Infant Care, Gloucestershire School of Domestic Science; Nurse, L. C. C. "Special" Schools; Health Visitor and Inspector of Midwives, County Warwick.

The Scientific Press, Ltd., 28, 29 Southampton Street, Strand, London, W. C., England.

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